



## Doctor in the Kitchen®

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### Death From Falling Watermelons

"Death From Falling Watermelons" is the title of a paper presented at the International Water Quality Symposium, held in Washington, D.C., last spring. I find the title itself, a very funny line. And it immediately grabs your interest which, of course, was the purpose of Environmentalist Cyrus A. Adler, Ph.D., of the New School for Social Research,

New York City, the author of the paper.

Mr. Adler's thesis was that with today's technology certain calamitous events could take place. But, he suggests, we should exercise some judgment, some perspective, before we become unduly alarmed.

#### An Example

He offered as an example that today's jet planes can deliver, and do deliver, refrigerated loads of food all over the map. Thus,

technically, it is possible that a jet might explode or otherwise lose some of a load of watermelons. And then some people might be killed by falling watermelons. But his question is, "Is it likely?"

I cite this humorous but thoughtful bit of philosophy in today's column for the same purpose as it was presented in Washington D.C.

We all are prone to having our interest piqued by the unexpected, the unusual. The "falling watermelon" philosophy, itself, is interesting on that basis. And headlines have often been made by people out to scare other people.

The promise of the so-called consumer movement is, I hope, that people generally are going to be better informed, thus less easily manipulated or needlessly frightened.

What has this kind of talk to do with nutrition?

Simply this. Nutrition is certainly one of the topics in our society about which a great deal of misinformation is circulated. Misinformation, in fact, almost overwhelms the sound information that is available.

Who's to blame?

Probably we all are. Overweight people want magic to give them slim figures. News stories about scientific findings, generally, are probably given too much credence. We forget that the reporter may have been careful to say that a scientist warned against a danger that "may" happen. We jump to the worst conclusion and, for that matter, the simplicities of headline writing sometimes don't help us very much.

#### Be More Skeptical

But we really all ought to be more skeptical, more reserved, I think, in our reactions to anything that seems to over-promise or over-threaten us.

This is not to say we

## Farm Women Societies

### Society 6

The September 7th "School Days" meeting of Farm Women Society 6 was held at the home of Mrs. Martin Hoffer. Other hostesses were Mrs. Paul Brandt and Mrs. Muriel Saylor.

The meetin opened with group singing of "School Days, Brighten the Corner, and Cum Ba Ya". Mrs. Ray Hixon led devotions with a chapter which has a lot to say to modern days - Proverbs 16 (Living Bible).

Roll call was answered by telling of a punishment that was received at school - and why.

Some members of the society and friends had a birthday party for about 30 patients at the Harrisburg State Hospital on August 20. The program included singing and refreshments.

The group will serve a dinner at Wyeth Laboratories in Marietta on September 18. Announcements were also made about the County

shouldn't be alert. But I do think, for instance, we should have faith in the many regulatory agencies that police the wholesomeness of our food supply. The system has corrected flaws when found. It will continue to be improved. Take, for example, the pesticides issue. If a better way to control pests and assure bountiful crops is found, it will be used. Much research is in progress. Meantime, careful monitoring of risks goes on and any questionable foods simply do not reach the market.

Convention on November 2, and the Christmas Bazaar on November 14.

The program was a talk by a member, Mrs. Harry Shonk, who is a retired school teacher. She included funny and sad experiences of her teaching years which started in a one-room school and ended in a modern school.

The next meeting will be a bus trip to the Poconos on October 19. The bus will leave from the Elizabethtown Church of the Brethren parking lot at 8 a.m.

### Society 10

Farm Women Society 10 met at the home of Mrs. Abram Miller with Mrs. Raymond Northermer as co-hostess.

Mrs. Jay Habecker, president, conducted the business session. Members will participate in providing articles for the bazaar table at the County Convention in November. A donation will be given to the United Campaign.

Entertainment was provided by four members: Mrs. John Habecker gave her impressions of the European Cathedrals, Mrs. Charles Shank related experiences in her Amish School, Miss Frances LeFever spoke on "The Tragedy of Words", and Mrs. Harry Weidner chose "This Is My Life".

### Society 27

Society of Farm Women 27 held a White Elephant Sale recently at Mr. and Mrs. Robert Dunkleberger's Farm.

Mrs. Roy Wolgemuth was hostess. Co-hostesses were Mrs. Harold B. Frey and Mrs. John H. Wolgemuth.

Husbands responded to the Roll Call by giving their wife's most outstanding talent or quality.

Arthur D. Wenger was the auctioneer for the sale.

Work Project night and the election of officers for President and Recording Secretary will be September 24, at 7:00, at the home of Mrs. Wilbur Erb.

## Farm Women Calendar

Monday, September 16  
Farm Women Society 29  
Meeting at the home of Mary Ellen Adamire.

Tuesday, September 17  
Farm Women Society 28  
meeting at the Cripple Creek Area 7:30 p.m.

Wednesday, September 18  
Workshop "Coping With Inflation" sponsored by the Chester County Cooperative Extension at Pomeroy's Community Room at the Concord Mall, Wilmington at 10:00 a.m. - 3:00 p.m.

Saturday, September 21  
Farm Women Society 8  
meeting at 2:00 p.m.  
Farm Women Society 12  
meeting at the home of Mrs. Ethel Kindig, 30 Wabank Rd., Miller-ville.

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